

LIVING WITH LOSS

North Norfolk Macmillan Cancer Support Centre, Cromer Hospital

At some point in all our lives we are affected by loss, bereavement and grief. Each experience is different and very personal. It can be very difficult to understand and manage the way we feel and cope.

If you would like to explore the feelings and coping strategies of loss, as well as debunking the myths that surround this subject you can sign up to one of our loss recovery sessions. The small group sessions are run by a specialist grief recovery facilitator who can support you as you learn more about loss. This will be a session lasting approximately 2 hours.

We create a safe setting in which attendees are encouraged to share their personal experiences and are supported in sharing as much or as little as they feel comfortable with.

Any information about experiences shared in these sessions remains confidential to those attending and must not be shared outside the group.

If you are interested in booking a place or finding out more about these sessions, please contact a member of centre staff to discuss.

Please drop-in to the North Norfolk Macmillan Cancer Support Centre, or call

Tel: 01603 641559, or you can send a message via

Email: CromerMacInfoCentre@nnuh.nhs.uk

